

Weekly Activities at the Manor

Monday September 28

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
2:15 Self-Serve Snacks available (Dining Rm.)

Tuesday September 29

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
2:00 Live Music with *No Big Deal* (Fireside Lounge)
2:15 Self-Serve Afternoon Snacks & Social Time (Dining Rm.)



Wednesday September 30 - Truth & Reconciliation Statutory Holiday

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
1:15 Bingo with Susan (Dining Rm.)
2:30 Self-Serve Afternoon Snacks (Dining Rm.)



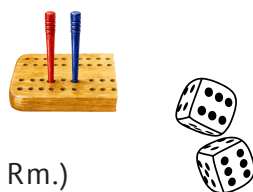
Thursday October 1 - National Seniors Day!

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
2:00 Seniors Day Donut Social (Dining Rm.)



Friday October 2 - Happy Birthday Dorothy!

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Cribbage Group (Dining Rm.)
1:15 Dice Game with Jenni (Fireside Lounge)
2:15 Self-Serve Afternoon Snacks & Social Time (Dining Rm.)



Saturday October 3

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
1:15 Bingo with Phil & Kathleen (Dining Rm.)
2:30 Afternoon Snacks with Jo & Nena (Dining Rm.)



Sunday October 4

9:15 & 2:15 Self-Serve Coffee & Snacks (Dining Rm.)

The Manor Weekly

SEPTEMBER 28 TO OCTOBER 4, 2026

National Seniors Day!

October 1st is National Seniors Day in Canada!

We are celebrating with a social and Tim Hortons donuts!

We will share stories or what its like to age, what things become important as you age and just simply come together and enjoy each others' company. And Jenni may have a few jokes to share about aging!



No Exercise Classes

Mon-Wed

Jenni is off Monday, Tuesday and Wednesday this week so we will not have exercises classes on those days.

Thursday and Friday this week will have classes as usual at 10:00 AM.

Live Music Tuesday!

No Big Deal - The Band, is here on Tuesday to play for us!

Come down to the Fireside Lounge and enjoy the live music!



Upcoming Elections

We have two separate Elections coming up. One is a Civic Election for Mayor, Council and School Board Trustees. The other is a Provincial Election.

The Civic Election is on Sat. Oct. 17th. Unfortunately the city is unable to accomodate a polling station here at Kiwanis. If you would like to vote, you will have to arrange a ride to a polling station or get a mail-in ballot.

For the Provincial Election, we WILL have a polling station here at Kiwanis in our lounge on Thursday October 22nd between 9:00-11:30 AM.